

Colorado 2002

*Celebration of
Families Week*



October 13 – 19

Family & Community Planning Toolkit

Produced and Sponsored by

Colorado Foundation for Children and Families

Rose Community Foundation

Colorado Family Resource Network

Toolkit Contents

Family Support in Colorado

- Did you know
- What is Family Support?
- Principles that guide Family Support
- Family Support Beliefs

History, Theme and Purpose

- History and Legislation
- Theme and Focus
- Colorado's Celebrations
- Purpose of the Community Planning Toolkit

A Guide for Celebrating Family Week in Your Community

- Establish a Planning Committee
- Identify Sponsors
- Get Started
- Create a Timeline
- Get the Word Out

Publicity

- Proclamation and Testimonies
- Broadcast News and Feature Stories
- Public Service Announcements
- Newspapers: Letters to the Editor, Editorials and Press Releases
- Billboard Placements
- Sample Press Release
- Sample Proclamation

Suggested Activities

- Play Together
- Eat Together



- Read Together
- Create Together
- Other Ideas
- Non-event Individual Family Activities
- Ideas for Schools

Tips for Parents

- Launching Your Kid into Family-Friendly Cyberspace
- Communication Tips for Families



Family Support in Colorado

Did you know...

that a statewide group called the Colorado Family Resource Network (CFRN) has been working on a project called *Family Support Colorado* to promote family support in Colorado? CFRN was formed in 1995 as a statewide membership-based network dedicated to building the capacity of its members to support and strengthen Colorado families and communities. CFRN accomplishes its mission through advocacy, training, best practice and other resource information.

Here's what CFRN hopes to achieve over the next five years:

- More front-line staff, administrators, agency heads and legislators will be trained in family support.
- State and local entities will possess the information and capacity to continue to develop their own family support agenda.
- Families and communities will have a more substantial, longer-lasting role in designing and delivering services to children and families.
- The coordination and quality of both public and private services for families will be improved at both the state and community levels.
- Family Support programs will be available in more communities throughout Colorado, and existing family support programs will be enhanced, expanded and linked through statewide networks.

What is Family Support?

Family support is a shift in human service delivery that encourages public and private agencies to work together and to become more preventive, responsible, flexible, family-focused, strength-based and holistic. Family support is a set of beliefs and an approach that acknowledges and builds on the many strengths

and resources of all families and their communities. Do you believe that... families should guide the health, education, human service systems, businesses and other public and private organizations that serve them? We do.

Principles that guide the Family Support Movement:

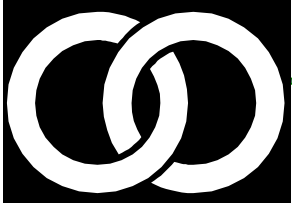
- Staff and families work together in relationships based on equality and respect.
- Staff enhance the capacity of families to support the growth and development of all family members – adults, youth, and children.
- Families are resources to their own members, to other families, to programs and to communities.
- Programs honor families' cultural, racial, and linguistic identities and enhance their ability to function in a multicultural society.
- Programs are embedded in their communities and contribute to the community-building process.
- Programs advocate with families for services and systems that are fair, responsive and accountable to the families served.
- Practitioners work with families to mobilize formal and informal resources to support family development.
- Programs are flexible and continually responsive to emerging family and community issues.
- Principles of family support are modeled in all program activities, including planning, governance, and administration.

Family Support Beliefs:

- Families are the greatest natural resource to their children because families have the primary responsibility for the well being of their children.



- Family support programs help families to successfully parent their children and should be available to all families.
- The development of children and their families is influenced by the culture, community and society in which they live.
- Families know their children best and raise them according to their history, beliefs, cultural background and the unique characteristics of their children.
- Families are in the best position to know their own strengths and needs.
- Building on the capacities of families helps them to raise healthy children.
- The challenges of parenthood change as children grow and family circumstances change. Families may need different supports at different stages of development.
- Families can make good decisions when they have access to information about services, and resources. When families make good choices and take action, they improve the well being of their children, families and communities.



Families... Colorado's Secret to Success
Families... Colorado's Secret to Success

History, Theme and Purpose of Toolkit

Proclamation and History

Governor Owens has proclaimed the week of October 13th as “*Celebration of Families Week*”. Although family support programs consider every day a family day, the proclamation is intended to recognize families as Colorado's most treasured resource. Celebrations held during *Celebration of Families Week* will send strong messages to our families that they are special, needed and valued as the foundation of our state's success. During this time of crisis in our nation, it is especially important to celebrate and honor all families.

Families... Colorado's Secret to Success
Families... Colorado's Secret to Success

Theme and Focus

Families... Colorado's Secret to Success was chosen as the theme for this year's celebration to illustrate the belief that families are our most valuable resource. Therefore, it is important that *Celebration of Families Week* be

celebrated in all corners of our state with participation from many organizations.

Here's how your community or organization can capture the spirit of *Celebration of Families Week*:

- Focus on the positive aspects of family life – what's good about families.
- Raise the awareness of strong families and provide information on what families can do to keep healthy and strong.
- Encourage families to find renewed strength and inspiration within daily life.
- Encourage families to seek support from other families in their own community and within their own family.
- Encourage families to reach out to one another to celebrate their common interests as well as their own individuality.
- Be creative! Be intergenerational! Be multicultural! Have Fun!

Colorado's Celebrations

Celebrations and events can be multi-faceted spanning the entire week or just a day or two. Some communities may choose to celebrate *families* throughout the whole month of October or the entire year. Celebrations across the state will begin with a kick-off and press conference led by Governor Owens and his family.

Purpose of the Community Planning Toolkit

The purpose of this Toolkit is to assist your community in planning your local celebrations and activities. Your community may want to build on an already existing event taking place in October. Let us know what you are planning by completing the enclosed Registration Form. The Governor's Office will promote events and activities from across the state. Families, public agencies, service organizations, businesses, churches, agencies and schools

can receive a Toolkit filled with information about *Celebration of Families Week* and great things to do in Colorado by contacting the

Colorado Family Resource Network (CFRN)

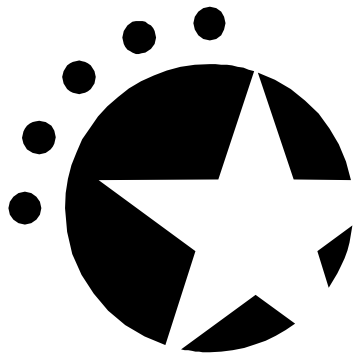
1580 Logan Street, Suite 315

Denver, Colorado 80203

(303) 837-8466 ext. 112

E-mail: virginiam@what-works.org





Families... Colorado's Secret to Success

A Guide for Celebrating the *Celebration of Families Week* in Your Community

Establish a Planning Committee

It's best to set up a planning committee that consists of key individuals. Determine the best people to help fulfill the goals of the committee and invite them to join. Before getting started decide whether or not your organization, school, church or business will be planning an event alone or in collaboration with others. This may be determined by the size of your organization. There is no right or wrong way. You may even want to collaborate with other community groups to sponsor an event. Remember, the more people involved, the more the workload can be shared. If you are planning to host an event on your own, the planning committee will obviously be smaller than if you were planning to work with another organization or group. Try to match the interests and skills of individual committee members with the type of activities planned.

Regardless of its size, be sure your committee is representative of the following groups:

- Parents and youth
- Community leaders
- Libraries
- Teachers and school personnel
- PTO's and PTA's
- Representatives from local businesses

- Non-profit organizations
- Funders such as United Way and private foundation representatives
- Faith communities
- Media representatives

Identify Sponsors

It's a good idea to collaborate with local businesses, industry and media who can help serve as sponsors. Companies can donate money, prizes or services to help promote events. Sponsors may include: banks, print shops, hospitals, telephone or power companies, grocery stores, photographers, and local media. Members of the planning committee may also have valuable links to potential sponsors. When approaching a sponsor, be specific about what is needed and what their role will be.

Get Started

Once committee membership is determined, plan an initial meeting, identify a committee chairperson, assign responsibilities, set objectives and develop a timeline to keep the committee on track toward meeting your objectives. When identifying objectives, consider the following questions:

- a) What do we really want to accomplish?
- b) What activities can we plan to achieve our objectives?
- c) How much time and money will be needed?
- d) How many activities can we expect to conduct successfully?

Go through each objective and be realistic. It is better to complete one or two activities well rather than three or four less effectively. Set and stay focused on the priorities.

Create a Timeline

Create a timeline that identifies every step necessary in order to complete the chosen activities. After each step, identify who will be responsible for the task and the date by which it must be completed. Plan to meet regularly, if possible, to eliminate mishaps and lack of communication. Plan to meet after event to evaluate the success of your efforts. Keep good records for future planning.



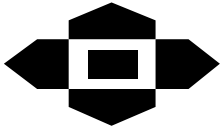
Get the Word Out

Well-planned activities will be a disappointment if no one comes. The key is to advertise early and often. You'll want to take a multi-media approach to reach all segments of your community. Paid advertising may not be included in your budget, so consider the following more economical advertising strategies:

- Send flyers to schools to be sent home with school children.
- Post flyers at grocery stores, senior centers, laundromats, social service agencies, etc.
- Have a Scout troop hand out mini-flyers at local shopping centers.
- Have a local expert talk about families on the local cable channel or radio show.
- Notify the "Community Calendar" section of all local newspapers.
- Send press releases to all media sources.
- Send letters to the editors of all local newspapers about families.

Publicity

Follow these basic guidelines for a successful media and promotion campaign:



Proclamation and Testimonies

Request proclamations and active support from local public officials and celebrities to customize the *Celebration of Families Week* for your community.

In addition, local officials or community leaders can be asked to write a paragraph or two on why families are important, the importance of family tradition, or how families and communities can work together. Local elected officials, school board leaders, police chiefs, heads of chambers of commerce, chief executive officers of local industries and non-profit organizations and others may be asked to contribute to Family Week functions. Include this testimony in press releases, newsletters, public service announcements and other Family Week materials.

Broadcast News and Feature Stories

News and feature stories for the broadcast media follow the same rules outlined for print media. Releases and letters of suggested story ideas concerning your Family Week celebrations and subsequent events should be sent to the news or assignment editor. When approaching television stations, it is important to consider the visual impact of a story. Poster contest displays, dramatic productions, children singing, and official proclamations have good visual impact and make a story more attractive for television editors to consider. Many of the ideas in the Suggested Activities section include a sense of community togetherness that TV stations may be particularly interested in covering (or even participating in). Get in touch with the station several weeks in advance of the event in order to have the best opportunity for getting on the air. Follow up with a call the day before to remind them to include your event in the next day's assignment schedule.

Radio and television talk show producers may be more open to a family life expert during Colorado's Family Week Celebration. Offer them a speaker related to a news topic or an expert speaking on parenting tips.

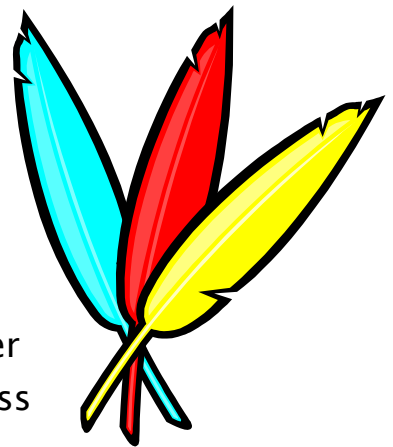
Public Service Announcements

To get a public service announcement (PSA) on air, contact the local cable company or television station, ask for the community affairs or public service director and find out who a PSA should be sent to. Attach a brief cover letter to the PSA and personalize the envelope. Hand-deliver the PSA and letter if possible.

Make a follow-up telephone call. Introduce yourself; identify the PSA by title and the date it was distributed. Clearly explain the purpose of the PSA – what it's about, the audience it's intended for and why it's important to the station's viewers and your organization. A professionally produced education or event information PSA with a broad appeal is of more interest to a station than one specifically about your agency.

Newspapers: Letters to the Editor, Editorials, and Press Releases

Two basic rules for generating publicity are first, be sure you have a newsworthy item, and second, make it as easy as possible for the person responsible for reporting the news. The information should be clear and complete. For larger papers, you should connect with the editor or reporter of a specific section (health editor, lifestyle editor or business editor for example). A newspaper offers many places for items to appear – calendars of events, news columns, feature stories, editorials, letters to the editor, advice columns, etc.



One way to help the reporter of a small, local paper is to write a column or feature article yourself. A letter to the editor can present facts and information from the agency's perspective and does not require much work from the

newspaper. You can also submit suggestions and outlines for Family editorials to newspaper editors and help them highlight your events.

Press releases sent out before a scheduled event should inform interested persons that the event will take place and answer questions as to where, when, why, how and who is involved. Make special note of photo opportunities. (See sample press release.) A captioned photo sent after the event makes the reporter's job easier and may receive additional attention.

Local weekly papers need two to three weeks advance notice in order to include the articles/editor in the paper. Dailies may need only a few days notice. It helps to call the editor/reporter after sending your press release, letter or editorial to confirm it was received, to get a reaction and to offer additional assistance.

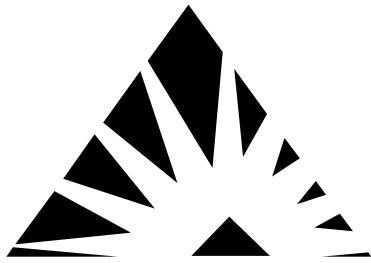


Billboard Placement

There are two kinds of billboards. They include 14' x 48' painted boards and 12' by 25' poster boards. In order to receive free space or reduced pricing for billboard space you need to contact the local billboard companies within your area. When calling, ask for the individual that works with non-profit organizations for

placement of billboards. Then explain to this individual what organization you are representing and what the message of the billboard will be. You will need to find out what their policy is on placement for non-profit organizations. An example of one company's policy that rents painted boards include free placement up to six months based on availability. There could be a charge for the production of the board, however, which could range from \$1,500 to \$3,000. A sponsor could cover this cost. Another example of a company's policy is reduced space charge for the billboard. For example, if you provide the

posters, a company that normally charges \$750 a month might only charge you \$120 a month.



Sample Press Release

DATE: (Date release is mailed)

CONTACT: (Your name and title)

PHONE: (Where you can be reached)

FOR RELEASE: (Date you want release printed)

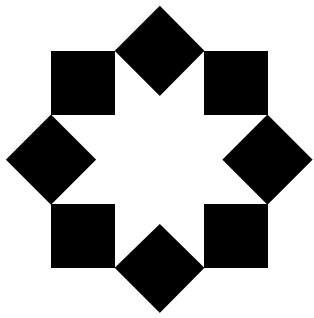
(Your agency/organization's name) will join with the State of Colorado and numerous other organizations in celebrating ***Celebration of Families Week*** – October 13 – 19, 2002.

The campaign, “**Families... Colorado's Secret to Success**”, distinguishes families as the basic building blocks of society and encourages the support of families. It focuses on the every day issues and events central to the core health of the family such as the importance of family tradition, family strength, family and community interdependence, and work and family issues.

Locally, (Add your agency/organization's name and information of local activities. A quote with attribution may also be appropriate here.) For more information on local event to be held during the ***Celebration of Families Week*** during the month of October, call (add your agency/organization's phone number).

Families can contact the Colorado Family Resource Network at (303) 837-8466 ext. 112 or by e-mail at virginiam@what-works.org to receive a free copy of The Celebration of Families Week Toolkit filled with information about activities and celebrations across Colorado.





Sample Proclamation

Celebration of Families Week

October 13 – 19, 2001

As individuals, we find in our families a sense of identity, purpose and security. A family is more than a group of individuals related by blood, marriage or adoption – a family is a community of persons united by their love and commitment to one another. It is through family life that our most cherished values and traditions are passed from one generation to the next. Through our experience as members of a family, we learn important lessons about love and faith, duty and respect, personal responsibility and concern for others.

Because those lessons are conveyed to the community at large, and because the family gives us a model of human relationships after which all other social institutions are fashioned, the strength and integrity of the family are vital to our well being as a community.

Whereas, Families are the basic building blocks of society; and

Whereas, Families are models for caring from birth through the aging years and provide life, love, unity and security; and

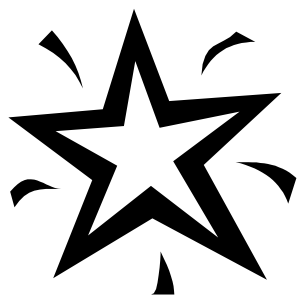
Whereas, Families need and deserve recognition, encouragement and support for all the daily miracles that they perform; and

Whereas, Families are empowered with the knowledge that communities need to design and implement programs and policies; and

Whereas, As we reflect and celebrate our own family during the ***Celebration of Families Week*** let us reaffirm our commitment as individuals and as a community to establish policies and programs with families that support parents, children and all individuals;

Now, Therefore, I (name and title) do hereby proclaim October 13th through 19th, 2002 the Celebration of Families Week in (name of community/municipality) and call upon all citizens, government agencies, public and private organizations and institutions, and businesses to observe this week with appropriate ceremonies and programs in appreciation of (names of community's and municipality's) families.

Signed and dated this _____ day of _____, 2002



Suggested Activities

What will you do?

The *Celebration of Families Week* is an excellent opportunity to work together with local institutions and organizations. In addition, it is an opportunity to educate the community about family service needs. Remember, you can build on activities that are already planned in the community.

Play Together

Fun and Games

You can sponsor a day where families from across the community can come together and just have fun. Three legged races, potato sack races, new games, crafts, skate board relay, in-line skating races, swimming and hiking all provide opportunities for good old-fashioned fun.

Family and Pet Parade

Bring out the marching bands and invite families to march, sing, ride bikes, enter floats, or participate in whatever manner they choose. Pets are part of the family too. Bring out the canines and calicos for an event that will bring together all members of the family. End with a community picnic.

Family Dance

Host a local dance for the whole family. This would include children, youth, parents and grandparents. Invite a variety of local bands so that the whole family is entertained.

Bike Ride, Walk and Fun Run



Have families walk together wearing *Celebration of Families Week* t-shirts. This event will help increase awareness of the importance of family support. Set up checkpoints to distribute local business coupons, free handouts and refreshments. Don't forget the free water. Invite local chefs or catering businesses to contribute. Organize a family picnic at the end of the event.

Eat Together

Community Pot Luck and Concert

Sponsor a meal where the price of admission is a "favorite dish", enough to share with six others. Tables can be set up for main dishes, salads, side dishes and desserts. Perhaps local merchants can supply paper products and beverages. Encourage people to bring their family's favorite dish. Then sit back and dig in. Ask local musicians to provide entertainment.

International Food Fair

Invite area restaurants, local dignitaries and/or ethnic groups to offer ethnic foods. Invite the public. Collaborate with local businesses to underwrite or donate the costs of hall rental, promotional advertising, etc. Recipes of foods presented could be featured in a cookbook and sold at the fair.

Family Cake Bake-off

Foster family fun with a town wide bake-off. Possible sponsors could include bakeries or grocery stores. Invite a scout troop or team of elementary school students to be the judges.

Town Picnic

Have families pack a picnic and join one another on the town green or fun spot. Clowns, games, or music could add to the festivities.

Breakfast with City Officials such as the Mayor, City Council, Commissioners, Legislators, School Superintendents and Principals

Any of these people could sponsor a breakfast with parents. Here, recognition can be given to the important work done by parents while providing them the opportunity to express their thoughts and concerns about issues facing families.

“Indulgences” Party

Everyone loves dessert and hors d’oeuvres (snacks). Sponsor a party where everyone’s favorites are served.

Ice Cream Social

Ask a local ice cream merchant to donate ice cream and sponsor an ice cream social in the Town Park.

Read Together

Story Hour

Community libraries can sponsor this event. Storytellers and local celebrities can be invited to tell stories and read their favorite books to children. Family members should be encouraged to read stories.



Families as Authors

Create scripts based on real life experiences of the family. Start a round-robin discussion with family members where everyone adds a little part to the story. Have family members create new opinions and insights. Let the little ones illustrate from their sense of the experience then have them re-tell the story with their illustrations.

Poetry Jam

Give your local poets and aspiring poets an evening to shine. A coffee shop, the library or the town park offers perfect venues.

Children and Youth Story Writing



Young people can be so talented and creative! Encourage and celebrate their abilities through an event where children and young adults can write and then read their stories to a community audience.

Create Together

Poster Contest

Ask elementary, middle and high school art teachers to sponsor poster contests. The winning poster could be used for the following year's marketing campaign.

Exhibit of Family Photos or Videos

Develop an exhibit with area schools. Display all entries at your local library. A local newspaper could help publicize the exhibit and print the photographs. Ask local businesses to underwrite the cost for materials and other expenses.



Family Talent Show

Many families and individuals have lots of talents that are seldom seen outside their homes. Sponsor a talent show for individuals to enter alone or preferably with a family member. Any school auditorium would provide an inexpensive venue.

Arts and Crafts Activity Night

Collaborate with a craft store, school or child care center and coordinate a family night of arts and crafts. Focus activities on the Family Week theme, "Families – Colorado's Secret to Success".

Family Movie Night

Plan a night when community members could go to the movies with their families. Encourage quality family movies.

Non-event Individual Family Activities

Encourage families to stay home and have a meal, read or play a game together.

Encourage parents to visit their children's school.

Encourage parents to leave work early when possible to spend time with family.

Encourage children and youth to show their appreciation to parents.

Encourage families to spend time with grand parents and sick relatives.

Other Ideas

Family Legislation

Introduce legislation that supports families to your state or local elected officials.

Speak Out and Mobilize Families for Lasting Change

Organize a seminar where local experts, including families, can speak on topics relevant to families in your community. After the seminar, form a committee from audience participants to develop and implement family and community action plans.

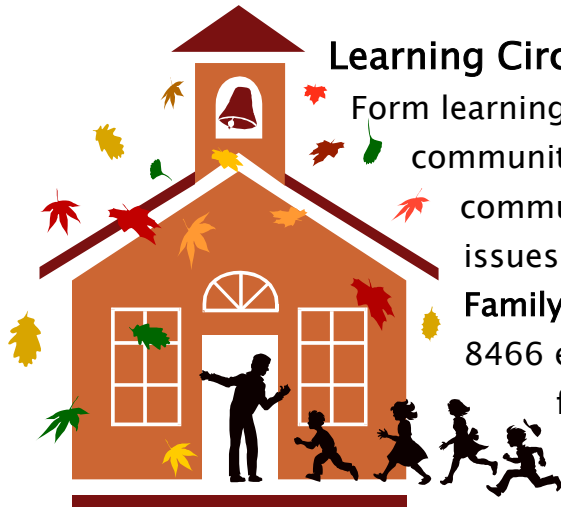
Food and Clothing Drive

Organize a food, clothing or computer drive for needy families or join other organizations that do this in your community.

Health Fair

Collaborate with a local doctor, clinic or hospital to host a "Healthy Families" Fair that offers blood pressure screening, well baby check ups, preventative medicine, nutrition tips, herbal remedies. Be sure to offer information and health education materials.





Learning Circles

Form learning circles led by parents to discuss and respond to community issues and opportunities. Learning Circles bring community stakeholders together to respond to community issues, challenges and opportunities. Contact the **Colorado Family Resource Network (CFRN)** by phone at (303) 837-8466 ext. 112 or by e-mail at Virginiam@what-works.org for more information about learning circles in your community.

Ideas for Schools

Celebrate families in your school and your community! A special focus of the *Celebration of Families Week* 2002 is the important role of families in education and the many ways schools and families work together to support student success.

An important practice to adopt for promoting parent involvement throughout the school year is to ensure that your school's expectations of involvement match the expectations that parents have for their involvement. For example, if a parent wishes to simply make signs for a fund raising event, then honor and celebrate that involvement. As you continue to do this, you will see parents become more intimately involved in school decision-making processes and someday perhaps as a member of a collaborative decision making council or a PTO or PTA. Remember that Title I funding is intended for family activities and skills building. Here are few suggested activities for celebrating and honoring families:

- Organize a classroom celebration and invite parents to participate in the planning process.
- Sponsor family literacy programs at your school and in the community.
- Involve PTA or PTO in all your plans.
- Have a giant picnic for all staff, students and families.
- Invite families to speak at School Board meetings on school-family issues.

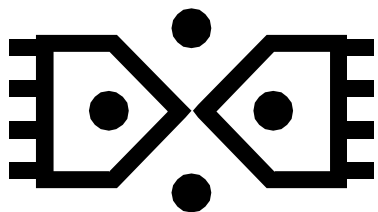
- Invite Assets for Colorado Youth, (303) 832-1587 to present on the 40 developmental assets for youth.
- Invite the Colorado Family Resource Network (CFRN), (303) 837-8466 ext. 112 to present a training session on parent leadership and parent involvement.
- Invite CFRN to train staff on how to work with families from a strength based and culturally relevant perspective.
- Invite the Colorado Fatherhood Connection, (303) 837-8466 ext. 105 to present a “Fatherhood Toolbox” training session for staff.
- Host a family game night, scrapbook night, book making night or reading night.
- Target special activities to involve fathers, like a tag football game after school.
- Enlist many partners like Family Resource Centers, Head Start programs, Early Childhood Connections programs, libraries, adult education programs, senior programs, recreation centers, merchants, child care programs, museums, universities, civic groups like the Rotary or Lions Clubs, hospitals and health centers and faith organizations.

Link the ***Celebration of Families Week*** to your curriculum. Here are some ideas:

- Do projects on genealogy or a family biography project.
- Create a graffiti art wall and have students respond to a question like “What is a Family?”
- Host a youth “talking circle” on family topics.
- Start a cross-age tutoring program.
- Create community service learning projects.
- Do thematic projects about “me and my family”.



- Engage students and parents in creating a giant world map flagging the origins of all families.
- Create a whole-school collage of pictures and stories of students' families.



Tips for Parents

Launching Your Kids into Family Friendly Cyberspace

The Internet is an excellent source of information for children as well as adults. We can get material on almost any subject by entering a few key words on our computers. Unfortunately, the material that appears on request is not reviewed before becoming available to our children. This means that unsuitable information can be accessed just as readily as material we want our children to read. In fact, the latest form of “stranger danger” is occurring via the Internet. Through “chat rooms”, strangers can get to know your children and learn a lot about your family.

Like many parents you may be concerned about your children’s safety on the information highway. Here are some ways to prevent troublesome incidents from occurring on the computer in your home.

Ask your Internet provider about features that allow parents to block their children’s access to adult oriented sites, “chat rooms,” and bulletin boards. Here are a few examples of what may be available:

- Some programs block specific sites but allow access to the rest of the Internet.
- Some programs permit access to specific sites, blocking everything else.
- Some programs keep a tracking log of where children have gone on the Internet and what sites they are most frequently visiting.

- Some programs block your address, phone numbers and credit card numbers making it impossible for strangers to gain access to this important information.

Establish rules to follow when using the Internet.

Keep the computer in a high traffic part of the house. You can monitor your children's activities without appearing to watch over their shoulder.

Spend time on the Internet with your children. Let them take you down the information highway.

These tips were provided by

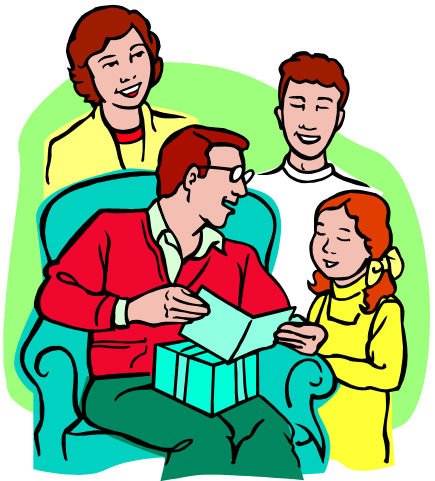
Prevent Child Abuse America

200 S. Michigan Avenue, 17th Floor, Chicago, IL 60604

Communication Tips for Parents

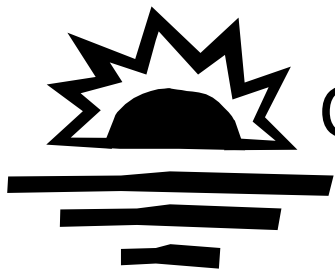
"You never listen to me" is a complaint heard as often from children as it is from parents. Good communication helps children and parents to develop confidence, feelings of self worth and good relationships with others. Try these tips:

- Speak from the heart, listen from the heart, challenge with respect and honor differences.
- Respect children and use a courteous voice. If we talk to our children respectfully, our youngsters may be more likely to seek us out as confidants.
- Teach children to listen... gently touch a child before you speak... say their name.



- Catch children and teens being good. Praise them for cooperating with you or their siblings, for doing those little things that are so easy to take for granted.
- Speak in a quiet voice... whisper sometimes so the child has to listen.
- Use door openers that invite children to say more about an incident or their feelings. Say: "I see", "Oh, tell me more", "Really", or "Say that again, I want to be sure I understood you".
- Look a child in the eyes... bend down or sit down... become a child's size.
- Praise your child. It builds confidence. Unkind words tear children down and teach them that they just aren't good enough.
- Children are never too old to be told that they are loved. Saying "I love you" is so important. Writing it in a note provides the child with a reminder that can be held on to.
- Listen attentively to your child. If you're busy, say "I'm busy now, but let's talk later." Be sure to follow through.
- Use "you" messages to describe your child's feelings and ideas. For example, "You seem to be feeling _____; what's going on?"
- Use "I" messages to communicate how you are feeling. For example, "When you do _____, I feel _____ because (describe the affects of your child's behavior)."
- Practice listening and talking. Talk with your family about what you see on TV, hear on the radio, or observe at the store. Talk with your children about their friends and school.
- Use humor. Tell funny stories and jokes. Laugh a lot with your child.
- Spend individual time with each child.

Families... Colorado's Secret to Success
 Families... Colorado's Secret to Success



Community Event Registration Form

Dear Governor and Mrs. Owens:

We look forward to partnering with you to celebrate and honor families in Colorado during the ***Celebration of Families Week***, October 13 – 19, 2002.

Your City or Town _____

Organization/Sponsor _____

Contact Person(s) _____

Contact Address (If more than one person, please give information for all contacts, using the space below.)

Street _____ City _____ Zip Code _____

Phone number _____

Fax number _____

E-mail address _____

Date and Time of Event/Activity _____

Bad Weather Date _____

Time _____

Description of Event/Activity

Fax this form to Lynn Johnson at 303-866-6368